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Answer. Steak, rolls, fried eggs, French-fried potatoes, and peaches and cream.

Answer. Eggs, buttermilk, and sweet milk is an ideal diet. P. E. C.

[Who can say that regulation of nursing education by the state is not needed?]

ENLIGHTENMENT NEEDED

DEAR EDITOR: Some weeks ago I was asked to relieve a nurse at a confinement case, the baby having come later than was expected and the nurse having other business. The baby was four days old. The fifth day there was a very slight discharge from the eyes, so slight that I doubt if the experienced nurse who had been at the case would have noticed it, but it developed into ophthalmia, though the doctor, a woman, did not so designate it.

The mother asked a number of questions concerning the probable cause, saying that the previous child "had had dreadfully sore eyes." Finally I told her that the eyes were infected during birth,—“probably because he opened his eyes too soon; he is so awfully curious.” The mother is well educated and the family is more than well to do.

This same lady had provided two quarts of alcohol for use during her lying-in period and said the two experienced nurses she had had used that amount. I used about a pint of the alcohol. The doctor bathed the baby the first time herself; the navel was slightly infected also. What else could I have told the mother? M.

DELEGATES' EXPENSES

DEAR EDITOR: In response to the request of "L" in the December JOURNAL, I submit for comparison an itemized account of my expenses as delegate from a far western state. Let me explain that the hotel item is small because I occupied a cot in a room with two other delegates. The item for meals includes meals on the journey both ways.

Railroad fare, round trip.....	\$73.50
Pullman, both ways.....	33.50
Hotel (room)	11.00
Meals	28.10
Baggage	2.75
Fees	2.80

Total\$151.65

G. C.

A FRIENDLY WORD

DEAR EDITOR: Truly I get from the JOURNAL all the professional food that a normal brain requires to keep stimulated and do still better things. The November number was especially interesting, but the last is always the best.

A MICHIGAN READER.

THE HIPPOCRATIC OATH AND THE NIGHTINGALE PLEDGE

DEAR EDITOR: Will you please tell me where I can get the Hippocratic Oath and the Florence Nightingale Pledge?

I am very much interested in the subject of moral prophylaxis and feel that every nurse should realize the opportunity she has for an influence for good in

her community. What do you think of the high schools having a woman physician or graduate nurse lecture once in two or three weeks through the term to the junior and senior girls on the structure of their bodies, prevention of venereal disease, and general hygiene? V. A. B.

[A copy of the Hippocratic Oath with a history of its origin and use is to be found in the JOURNAL for January, 1909. The Nightingale Pledge reads as follows: "I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practise my profession faithfully. I will abstain from whatever is mischievous and will not take or knowingly administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping, and all family affairs coming to my knowledge in the practice of my calling. With loyalty will I endeavor to aid the physician in his work, and devote myself to the welfare of those committed to my care."]

CLUB-HOUSES AND REGISTRIES FOR NURSES

DEAR EDITOR: The nurses interested in improving the conditions for graduate nurses are earnestly requested to furnish us with information on the subject. We would like to know on what lines the nurses would like to have model club-houses and homes constructed. We are also anxious to know what the nurses desire in regard to the organization of central registries.

It may not be possible to acknowledge all letters, but this does not indicate that they will not be gratefully received.

Very truly yours,

New York City Training School for Nurses,
Blackwell's Island, N. Y.

JANE M. PINDELL,
Chairman Central Registry Committee.

"HOW TO BECOME A TRAINED NURSE"

DEAR EDITOR: May I be permitted to call attention to the fact that the publisher of the book entitled "How to Become a Trained Nurse" is preparing to issue a revised edition, and is anxious to secure entirely up-to-date statistical information in regard to the various training schools for nurses in the United States and Canada?

I have been consulted in regard to subjects for papers, giving information of interest to women desiring to enter training schools, and should be pleased to receive suggestions from any nurse in regard to this matter.

I have found this book invaluable when necessary to obtain statistical information, and trust that every superintendent will interest herself in furnishing without delay the information requested by the publisher, who states in a recent letter to me that in July he sent out 1000 circulars and has received 360 replies.

The publisher, Mr. William Abbott, 141 East 25th Street, is known by many of the nurses in New York City. The very least that we can do is to furnish Mr. Abbott with the information desired. I have asked him to make a special effort to have this book placed in the libraries of women's colleges and girls' schools, and I have ordered a copy to be presented to my alma mater.

Trusting that this appeal will meet with a speedy result, I am

Very truly yours,

JANE M. PINDELL,
Superintendent New York City Training School.